



## Fitness

To read more about our Fitness classes, please view our detailed descriptions on-line at [www.CarlsbadConnect.org](http://www.CarlsbadConnect.org).

### Cardio Sculpt ♥

This class combines cardio drills with resistance training while focusing on core strength and stability for that extra punch. You will feel stronger and have more energy in just 6 short weeks. Bring water, a mat and hand weights. Drop-ins \$15

#### Stagecoach Community Center: Activity Room

**Instructor: Michelle Szames** **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42503	8:00-8:50am	Tu/Th	Sep 15-Oct 22	12c	\$85/\$95
42504	8:00-8:50am	Tu/Th	Nov 3-Dec 17	12c	\$85/\$95

### Carlsbad Bootcamp ♥

You will be amazed at how strong you will get in just 6 short weeks. Join us for a high intensity sports conditioning and cardio workout. You will feel worked out and ALIVE! All fitness levels welcome. Bring water, a mat, and hand weights. Drop-ins \$15.

#### Magee Park

**Instructor: Michelle Szames** **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42505	9:30-10:30am	Tu/Th	Sep 15-Oct 22	12c	\$100/\$110
42506	9:30-10:30am	Tu/Th	Nov 3-Dec 17	12c	\$100/\$110

### Jacki Sorensen's Aerobic Dancing ♥

Dance and tone your way to fitness with a certified instructor. Simple dance routines choreographed for fun (and for the non-dancer too). Choose your own towel. Vertiform 'standing floor work' burns more calories. Hand/ankle weights optional. Bring a mat or towel. Athletic shoes required.

#### Harding Community Center: Recreation Hall

**Instructor: Frances Walters**

**Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42499	8:30-9:30am	MWF	Sep 14-Nov 6	23c	\$103/\$113
42501	8:30-9:30am	M/W	Sep 14-Nov 4	15c	\$75/\$85
42500	8:30-9:30am	MWF	Nov 9-Dec 18	16c	\$72/\$82
42502	8:30-9:30am	M/W	Nov 9-Dec 16	11c	\$55/\$65

### Jazzercise ♥

Get a total body workout which lifts your spirits while conditioning your body. Class includes a warm-up, an aerobic segment, muscle toning and a stretch cool down. It's your fun way to fitness! Your one month fee allows you to attend any and all classes listed per calendar month. Drop-ins \$10.

#### Stagecoach Community Center: Activity Room

**Instructor: Lori Massey**

**Age: 16Y - 90Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42739	9:00-10:15am	MWF	Sep 14-Nov 7	31c	\$80/\$90
	8:15-9:30am	Sa			
42740	9:00-10:15am	MWF	Nov 9-Dec 23	21c	\$80/\$90
	8:15-9:30am	Sa			

### Pilates ♥

#### Pilates Matwork

A beginning level class, introducing the Pilates method – a body conditioning system that focuses on the support and strengthening of the 'Power House' or 'Core' of the body – sleek and functionally strong abdominal muscles, supple and supportive back muscles, and shoulder girdle stability. Please Bring a Mat.

#### Harding Community Center: Recreation Hall

**Instructor: Sally Pawoll**

**Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42735	6:40-7:40pm	Tu	Sep 15-Nov 3	8c	\$48/\$58
42736	6:40-7:40pm	Tu	Nov 10-Dec 29	8c	\$48/\$58

To see class schedules on-line,  
sign-up on-line or for more detailed  
class descriptions, please visit  
[www.CarlsbadConnect.org](http://www.CarlsbadConnect.org)

## Pilates with a Stretch

Join us in our quest for core strength, energy and stability. To expand your results emphasis will be placed on form breathing and proper technique. Stretching will elongate your muscles, increase flexibility and improve posture. Bring a towel and water. Drop-ins \$6

### Calavera Hills Community Center: Activity Room

**Instructor: Sue Stewart** **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42483	6:00-7:00pm	W	Sep 16-Oct 21	6c	\$25/\$35
42484	6:00-7:00pm	W	Nov 4-Dec 16	5c	\$21/\$31

## Pi-Yo ♥

Pilates and Yoga is the perfect combination of ancient mind, body and core strength. Each discipline has its own postures and core power creating a tremendous energy from within. Our focus will be on balance, flexibility and deep muscle work. Bring towel, mat and water. Drop-ins \$6.00

### Calavera Hills Community Center: Activity Room

**Instructor: Sue Stewart** **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42481	6:00-7:00pm	M	Sep 14-Oct 26	6c	\$25/\$35
42482	6:00-7:00pm	M	Nov 2-Jan 4	10c	\$42/\$52

## New! Tai Chi with Chi-gung

Learn 30 basic movements and utilize Chi Gung exercises to improve your health and mental well being. Two sessions are recommended for beginners to learn the 30 postures. Intermediate and advanced students will work on the full 108 posture form. Advanced students will help with all other levels of students.

### Calavera Hills Community Center: Activity Room

**Instructor: John Page** **Age: 18Y - 80Y**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43092	7:00-9:00pm	W	Sep 16-Nov 4	8c	\$75/\$85
43093	7:00-9:00pm	W	Nov 18-Jan 6	8c	\$75/\$85

## Yoga ♥

### Beginner/Intermediate

This is an active flow Yoga class. Each session includes asanas (postures) that are sequenced to provide a contemporary, fitness approach to traditional Yoga practice. Yoga offers the opportunity for improvement in spinal stability, posture, abdominal strength, coordination and balance, as well as managing stress. Please bring a mat.

### Harding Community Center: Recreation Hall

**Instructor: Sally Pawoll** **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42705	5:30-6:30pm	Tu	Sep 15-Nov 3	8c	\$48/\$58
42707	6:00-7:00pm	Th	Sep 17-Nov 5	8c	\$48/\$58
42706	5:30-6:30pm	Tu	Nov 10-Dec 29	8c	\$48/\$58
42708	6:00-7:00pm	Th	Nov 12-Dec 17	5c	\$30/\$40

### Yoga Circle

This gently challenging yoga class will stretch and strengthen you while relieving your stress. Deep breathing will energize a flow of postures designed to improve flexibility. You'll probably body, mind and spirit harmonizing anew. Wear comfy clothing. Bring a mat, and an empty stomach. All levels welcome!

### Calavera Hills Community Center: Activity Room

**Instructor: Cynthia Collier** **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42602	4:30-5:30pm	W	Sep 16-Oct 21	6c	\$49/\$59
42612	5:15-6:15pm	Th	Sep 17-Oct 22	6c	\$49/\$59
42604	4:30-5:30pm	W	Nov 4-Dec 16	5c	\$41/\$51
42613	5:15-6:15pm	Th	Nov 5-Dec 17	6c	\$49/\$59

### Yoga Plus

Yoga Plus is a combination of Yoga and Pilates. Each session includes Yoga asanas (postures) that are sequenced to provide a contemporary, fitness approach to traditional Yoga practice, plus a selection of Pilates mat work exercises, designed to improve spinal stability, posture, and abdominal strength. Please bring a mat.

### Senior Center: Auditorium

**Instructor: Sally Pawoll** **Age: 14Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
42620	6:00-7:00pm	M	Sep 14-Nov 2	7c	\$42/\$52
42622	6:00-7:00pm	W	Sep 16-Nov 4	8c	\$48/\$58
42621	6:00-7:00pm	M	Nov 9-Jan 4	9c	\$54/\$64
42623	6:00-7:00pm	W	Nov 18-Jan 6	8c	\$48/\$58

## New! Zumba ♥

Zumba is one of the fastest growing dance based fitness crazes in the country. With it's easy-to-follow dance moves and motivating Latin rhythms such as Merengue, Salsa, Cumbia, Reggaeton even Belly Dancing and Hip-Hop. You'll agree ... it's the most fun you've ever had working out.

### Calavera Hills Community Center: Activity Room

**Instructor: Zumba Dance Instruction** **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43078	9:00-10:00am	M	Sep 14-Oct 19	5c	\$40/\$50
43079	9:00-10:00am	M	Nov 2-Dec 14	6c	\$48/\$58

### Stagecoach Community Center: Activity Room

**Instructor: Zumba Dance Instruction** **Age: 13Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43080	6:00-7:00pm	F	Sep 18-Oct 23	6c	\$48/\$58
43081	6:00-7:00pm	F	Nov 6-Dec 18	6c	\$48/\$58

### Zumba Gold

This is a fun and exciting dance fitness program for the active older adult and those new to exercise. With easy-to-follow dance moves, you'll get lost in the Latin and International rhythms of Salsa, Merengue, Cha Cha, Cumbia, Tango, Flamenco, even Belly Dance. Getting fit has never been so much fun!

### Calavera Hills Community Center: Activity Room

**Instructor: Zumba Dance Instruction** **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43084	9:00-10:00am	Th	Sep 17-Oct 22	6c	\$48/\$58
43085	9:00-10:00am	Th	Nov 5-Dec 17	6c	\$48/\$58

### Stagecoach Community Center: Activity Room

**Instructor: Zumba Dance Instruction** **Age: 18Y and up**

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
43082	11:00am-12:00pm	W	Sep 16-Oct 21	6c	\$48/\$58
43083	11:00am-12:00pm	W	Nov 4-Dec 16	5c	\$40/\$50